

Prevention and Detection

It is the mission of Compassionate Care Home Health Services, Inc. to promote recovery and independence to those in need by providing the highest quality of compassionate care for each client in the comfort of their own home. We recognize the value of coordinating services with other community organizations in order to most effectively meet the individual care needs of clients with specific circumstances.

The American Cancer Society focuses a great deal of energy and resources on researching cancer prevention as well as treatment. They recommend:

1. Maintain a healthy weight. Being overweight increases our risk of breast cancer, prostate cancer, and colon cancer.
2. Get moving. Being intentional about staying physically active reduces our risk of breast cancer and colon cancer, as well as heart disease, osteoporosis and diabetes. It is never too late to start being intentional about exercise.
3. Eat a healthy diet that includes a lot of fruits and vegetables to reduce the risk of colon and prostate cancers. Limit red meats and choose whole grains over refined white grains.
4. Limit consumption of alcohol to reduce the risk of getting cancer of the mouth, esophagus, pharynx, larynx, liver, and breast. Men should have no more than 2 drinks per day, and women no more than one.
5. Not smoking will reduce the risk of lung cancer and colon cancer.
6. Seek protection from the sun. Use sunscreen with an SPF 15 or higher, or wear protective clothing and hats to reduce the risk of skin cancer.

Early detection of cancer improves the odds of successfully treating the cancer and maintaining quality of life. Talk to your doctor about what tests are right for you. General recommendations include:

- Men and women over the age of 50 should be tested for colon cancer. Testing may include fecal blood tests, colonoscopy, sigmoidoscopy, or a barium enema.
- Men over the age of 45 should be tested for prostate cancer annually. This may involve blood work (PSA= Prostate Specific Antigen) and digital exam.
- Women over the age of 40 should have a Mammogram annually to test for breast cancer.
- Women over the age of 30 should be tested for cervical cancer every 2-3 years.
- Talk to your doctor about any changes in the size, color, or shape of moles or freckles.

If you or someone you love has been diagnosed with cancer, the American Cancer Society is standing by to offer assistance and support. They offer a variety of programs, all completely free of charge.

The American Cancer Society provides:

- Education to help people better understand treatment options
- Support to help both the client and family cope in this sometimes frightening time
- Assistance with transportation to and from treatment facilities
- Assistance with lodging during extended treatment programs

Trained cancer information specialists are available 24 hours a day, seven days a week to answer questions about cancer and link people to resources in their community. For more information, please visit the American Cancer Society's website, www.cancer.org or call toll-free, 1-800-ACS-2345 (1-800-227-2345).



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